

# DINNERLY



## Mediterranean Fish Stew with Cherry Tomatoes and Couscous



25 minutes



2 Servings

Serve up sunny Mediterranean flavours – fish, tomato, capsicum and smoky spices – all simmered together in one pan, spooned over fluffy couscous.



### WHAT WE SEND

- 1 green capsicum
- 1 onion
- basa fish pieces <sup>4</sup>
- 5g Spanish spice blend <sup>17</sup>
- 400g can cherry tomatoes
- 150g couscous <sup>1</sup>

### WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 1 tbs tomato paste
- 2 tsp honey
- 200ml boiling water

### TOOLS

- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Fish (4), Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 585kcal, Fat 19.6g, Carbs 72.0g, Proteins 30.0g



#### 1. Prep ingredients

Thinly slice the **capsicum** and **onion**. Crush or finely chop **2 garlic cloves**. Cut the **fish** into 5cm chunks.



#### 2. Start stew

Heat **2 tsp olive oil** in a medium deep frypan over medium-high heat. Cook the **capsicum** and **onion**, stirring, for 3-4 mins until softened. Add the **garlic**, **2½ tsp Spanish spice blend** (see Make it yours) and **1 tbs tomato paste** and cook, stirring, for 1 min or until fragrant.



#### 3. Simmer stew

Add the **tomatoes**, **2 tsp honey** and **180ml (¾ cup) water** to the capsicum mixture and bring to the boil. Reduce the heat to medium-low and cook, covered, for 10 mins or until slightly reduced. Add the **fish** and cook, covered, for a further 3 mins or until the fish is just cooked through. Taste, then season with **salt and pepper**. Remove the pan from the heat.



#### 4. Soak couscous

Meanwhile, put the **couscous** and **1 tbs olive oil** in a large heatproof bowl, pour over **200ml boiling water** and cover with a plate. Stand for 5 mins or until the water is absorbed. Fluff with a fork and season with **salt and pepper**.



#### 5. Serve up

Divide the **couscous** and **fish stew** among bowls and enjoy!



#### 6. Make it yours

Our Spanish spice blend has a chilli kick. If you prefer a milder dish or have little ones, reduce the amount to taste.